

## - Drinking water / Exercise

# How much water should you drink during a workout?

HT City · 3 Feb 2023 · 05 · Aayushi Gupta For more such stories, visit [healthshots.com](https://healthshots.com)

Staying hydrated is imperative for your body to function properly. However, there are numerous myths that people have about drinking water, one of which is to avoid having it while working out. It is often thought that doing so can make one's performance less effective.



Addressing this myth, nutritionist and dietician Deepti Lokeshappa says, “Staying hydrated is the golden rule to a healthy and happy lifestyle. Health and fitness enthusiasts should be equally mindful of their diet and water intake. It’s absolutely okay to drink water while working out. In fact, it is pivotal to have it before, during and after an intense workout session.”

### BENEFITS OF DRINKING WATER DURING WORKOUT

Your body is made of 70% water, so it needs to stay hydrated when working out for optimal performance. When an individual engages in intense exercise, large amounts of water and body salt are lost in the form of sweat. Not only this, drinking water between workouts helps in avoiding muscle cramps, heat stress and reduced stamina. If you don't get enough water and get dehydrated, you may experience symptoms including dry mouth and lips, lightheadedness and fatigue.

However, it is crucial to keep in mind how much water one drinks before, during and after exercise. Instead of gulping down huge amounts, it is advised to consume small quantities.

### THE AMERICAN COUNCIL ON EXERCISE RECOMMENDS:

500ml to 600ml of fluid two to three hours before working out  
 230ml of fluid 20-30 minutes before starting your workout  
 300ml of fluid every 10-20 minutes while exercising  
 230ml of fluid post-workout

**THINGS TO AVOID** Drinking water while standing: This puts your health at risk by leading to lung issues, kidney problems, indigestion and arthritis.

**Gulping water quickly:** While exercising, you may try to drink water as quickly as possible. This, however, can cause impurities to accumulate below the kidneys and bladder. So, drink slowly and take small sips.

**Drinking cold water:**

The rise in core body temperature during an activity session can be delayed by drinking cold water, especially before and during a workout. Therefore, it is advised to only consume luke-warm water. **Adding artificial sweeteners to your water:** Even though artificial sweeteners may not have many calories, they can cause weight gain. Additionally, despite being refreshing, they can dehydrate your body. Fluids such as caffeine or soft drinks should also be strictly avoided

before and during workout sessions. Drinking too much water: When exercising, limit your water intake. According to Lokeshappa, “Consuming more fluids than your body needs may cause gastrointestinal discomfort and, in severe situations, hyponatremia (a condition akin to dehydration that can be lifethreatening).”

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